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end-of-year. 12

O-11? No problem: Bengals pick up first win of
2019 against Jets. 18



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MONDAY

38° | 32°

Rain then
Rain/Snow

TUESDAY

40° | 32°

Decreasing
Clouds

WEDNESDAY

43° | 36°

Mostly
Cloudy

THURSDAY

44° | 33°

Mostly
Sunny

FRIDAY

43° | 33°

Mostly
Sunny

U.S. President Donald Trump holds a bilateral meeting with British Prime Minister Boris Johnson (L) on the sidelines of the annual United Nations General Assembly in New York City, New York, U.S. on September 24, 2019. REUTERS

Trump off to London for NATO summit, under pressure to steer clear of British election

Trump has been supportive of Brexit in the past.

U.S. President Donald Trump leaves on Monday for a NATO sum-

mit in London and he is under pressure from British Prime Minister Boris Johnson to resist the temptation to wade into the British election campaign coming up later in December.

As a presidential can-

didate in 2016 and then as president since early 2017, Trump has shown no restraint in showing support for Britain's exit from the European Union and critiquing the politicians involved in the country's long-running

Brexit debate.

But with Johnson leading polls as he faces Dec. 12 elections, the prime minister who is hosting the London NATO summit wants Trump to mind the guard-rails, putting Trump in the unusual

"China is actively seeking a great presence and more influence across the globe, including in NATO's area of responsibility."

Senior administration official

position of trying to avoid his normal impulse to comment on whatever he wishes.

Trump waded into the election in October by saying opposition Labour Party leader Jeremy Corbyn would be "so bad" for Britain and that Johnson should agree on a pact with Brexit Party leader Nigel Farage.

Johnson's pressure prompted the White House to stress, as a senior administration official said, that Trump "is absolutely cognizant of not, again, wading into other country's elections."

That strategy could be put to the test as Trump faces reporters a number of times on the trip, including at what is expected to be a news conference on Wednesday.

The NATO summit takes place as Trump battles an effort led by Democrats who control the U.S. House of Representatives to force his removal from office through impeachment over his pressure on Ukraine to investigate Democratic rival Joe Biden.

The impeachment imbroglio has overshadowed Trump's presidency as he looks ahead to his

own re-election fight next November.

Trump, who got back to the United States on Friday from a whirlwind trip to Afghanistan, arrives in London on Monday night for two days of meetings with NATO leaders gathered for the summit.

He will have separate talks with German Chancellor Angela Merkel, French President Emmanuel Macron and NATO Secretary General Jens Stoltenberg and attend a working lunch with representatives from Estonia, Greece, Latvia, Poland, Romania, Lithuania, Bulgaria, and the United Kingdom. U.S. officials see the NATO summit as a celebratory moment for Trump as his pressure on member nations has led many to increase their military spending.

He is expected to seek support from member nations to increase pressure on China for what the United States sees as Beijing's expansionist policies.

"China is actively seeking a great presence and more influence across the globe, including in NATO's area of responsibility," said a senior administration official. REUTERS

Shootouts in northern Mexico kill 21

2 Clashes between police and suspected cartel gunmen in a northern Mexican town killed 21 people this weekend, authorities said, adding fuel to bilateral tensions sparked by U.S. President Donald Trump's vow to designate the drug gangs as terrorists. Mexican President Andres Manuel Lopez Obrador, who is pushing a less confrontational approach to subduing the cartels, repeated on Sunday that he would

not accept any intervention from abroad, while doubling down on his strategy of containment. But the killings clouded celebrations marking his first year in office, which were buffeted by a march in Mexico City by thousands of people protesting the violence. The government of the northern state of Coahuila said local security forces killed seven gunmen early on Sunday, and 10 others in and around the town of Villa Union. REUTERS

Death toll from Lampedusa shipwreck rises to 18

3 The bodies of five migrants who died when a boat capsized in rough waters off the southern Lampedusa coast a week ago have been found, Italy's coast guard said on Sunday, bringing the overall death toll to 18. The boat, which survivors said had departed from Libya taking advantage of a respite in bad weather, was believed to carry some 170 people. The Lampedusa coast guard

managed to bring safely onshore 147 migrants after the accident on Nov. 23. After the new bout of bad weather blocked search operations for several days, on Sunday six coast guard divers helped by a remotely-operated submarine found four bodies underwater and a fifth one floating. "We can only listen to the silence of the dead," Lampedusa mayor Totò Martello said.

REUTERS

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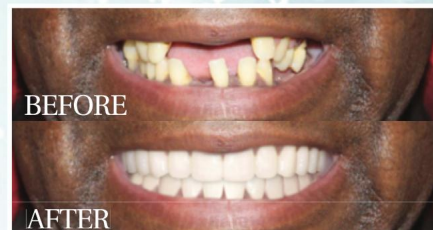
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NEWS



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NYC prepares for the first winter storm of the season

Here's what officials want New Yorkers to know about the weather.

To help keep New Yorkers safe for the first storm of the season, officials shared this list of safety tips:



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

New York City warns of messy travel as news of the first big winter storm looms over the city.

According to weather.gov, New Yorkers should expect to see some mixed precipitation and possibly a small amount of snow; officials are expecting somewhere between 1-4 inches of snow accumulation across the five boroughs. It's expected to snow Monday afternoon into Monday night.

Weather.gov also added that heavy winds from 25-30 mph combined with heavy wet snow might cause broken branches and small power outages. They also predict hazardous travel from Monday into Tuesday morning. Although these are the current warnings, it is possible that they may change. Keep yourself up-to-date by visiting weather.gov before traveling anywhere.

NYC Emergency Management issued a travel advisory for both Sunday and Monday. They

- Allow for extra travel time and exercise caution when driving, walking or biking. Consider taking public transportation whenever possible.
- Small accumulations of ice can be extremely dangerous to motorists and pedestrians. Bridges and overpasses are particularly dangerous because they freeze before other surfaces.
- Use major streets or highways for travel whenever possible.
- If you drive, use extra caution. Vehicles take longer to stop on snow and ice than on dry pavement.
- Four-wheel drive vehicles may make it easier to drive on snow-covered roads, but they stop less quickly than other vehicles.
- Know your vehicle's braking system. Vehicles with anti-lock brakes require a different braking technique than vehicles without anti-lock brakes in snowy conditions.
- If you are driving and begin to skid, ease your foot off the gas and steer in the direction you want the front of the car to go. Straighten the wheel when the car moves in the desired direction. If you have an anti-lock braking system (ABS), apply steady pressure to the brake pedal. Never pump the brakes on an ABS equipped vehicle.
- Keep your vehicle's gas tank as full as possible.
- Pedestrians should exercise caution and avoid slippery surfaces. Wear sturdy boots that provide traction to reduce slipping. Use handrails when using stairs.
- Seniors should take extra care outdoors to avoid slips and falls.
- Have heightened awareness of cars, particularly when approaching or crossing intersections.
- Check on family, friends, and neighbors who may need help in inclement weather — especially older adults or people with disabilities.

recommend taking public transportation. NYC Emergency Management Commissioner Deanne Criswell said in a press release, "For Monday's commute, I encourage you to use mass transit where possible as the roads could look different from when you leave home in the morning."

The city is prepared for the storm, and it is being reported that the New York City Department of Sanitation (DSNY) is planning on deploying 705 salt spreaders across all five boroughs. Plows will be dispatched once two inches of snow have fallen.

Governor Cuomo

said in a press release, "We have state personnel and resources ready to help as needed, and I am urging all New Yorkers who are returning from their Thanksgiving trips to travel with caution and play it safe on the highways as they head home and then back to work and school on Monday."

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PRESENTS

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Terence Blanchard

Jon Batiste



Tank and The Bangas

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Major support for the Angélique Kidjo Perspectives series has been provided by the Howard Gilman Foundation.

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Artists, programs, dates, and prices subject to change. © 2019 Carnegie Hall. Photos: Blanchard by Henry Adebayo; Batiste by Abby Ross; Tank and The Bangas by Alex Marks.

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Dermot Shea is officially the NYC police commissioner

As of Dec. 1, NYC has a new Police Commissioner.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

As of Dec. 1, Chief of Detectives Dermot Shea now has the official title of the Commissioner of the New York Police Department. He is replacing James O'Neill.

In a press release, Mayor Bill de Blasio said, "Dermot Shea is a proven change agent, using precision policing to fight crime and build trust between police and communities. As Chief of Crime Control Strategies and then Chief of Detectives, Dermot was one of

the chief architects of the approach that has made New York City the safest big city in America. Dermot is uniquely qualified to serve as our next Police Commissioner and drive down crime rates even further."

Shea is a 50-year-old who started his career during the '90s. Shea started his career as a police officer in 1991. He later became the precinct commander of the 44th and 50th precincts in the Bronx. He assisted in a reduction of gun violence in the area.

In 2014, he became Chief of Crime Control Strategies and Deputy Commissioner for Operations, where he became an expert in the CompStat system. In 2018, he was promoted to Chief of De-

tectives. Shea grew up in Sunnyside, Queens.

Shea said in a press release, "This is a tremendous honor and a tremendous responsibility, and I'm grateful to the Mayor for this privilege to serve."

Shea added, "Police Commissioner O'Neill has been a mentor and a friend to me, and I am committed to building on the incredible success of Neighborhood Policing and precision policing, while continuing my life's work to eradicate gangs and guns from our streets. Every New Yorker deserves to be safe and feel safe, and that has been my mission since I took the oath and became a police officer 28 years ago. As Police Commissioner, this will be what drives me."

Passing on the torch,



Former NYPD Chief of Detectives Dermot Shea was appointed New York City Police Commissioner on Dec. 1.

GETTY IMAGES

former Police Commissioner James P. O'Neill said in a press release, "Dermot Shea has exactly the experience and skill to continue to drive down crime, strengthen relationships with the community members we serve and make sure every neighborhood has the safety they deserve."

O'Neill added, "We cannot take the historic crime reductions in New York City for granted, and Dermot's understanding of the complex issues that lead to crime and disorder, as well as the most effective strategies for addressing these issues, is as good as it gets in policing today."

Although O'Neill, 62, is retiring from NYPD, he won't be out of work for long. ABC reports he will be starting a new role as a global security chief at credit card giant Visa Inc. O'Neill retired after 36 years with the department. He has spent the last three years as the commissioner.



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December 10, 1 to 1:30 pm
Hosted by our Child Study Center
**To participate:
nyulangone.org/cscwebinars**

Loss and Grief Around The Holiday Season

December 19, 6:30 to 7:30 pm
One Park Avenue, 7th floor
Hosted by our Child Study Center
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Perlmutter Cancer Center

Coping with Cancer During the Holiday Season

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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

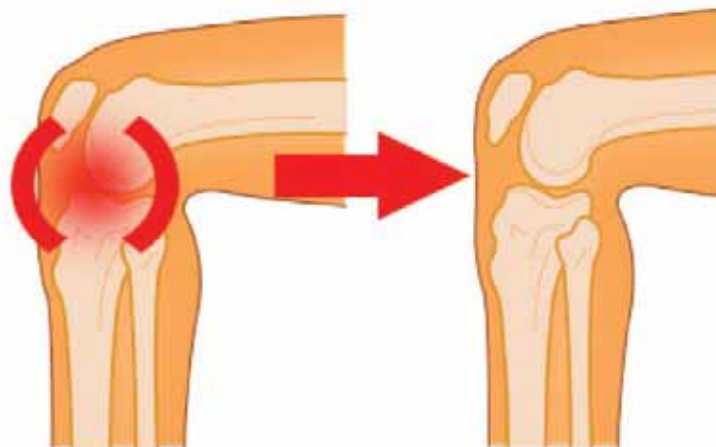
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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The truth about online reviews

Online reviews aren't always reliable.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Cyber Monday is finally here. There's nothing better than getting a great deal while still in your pajamas. Before placing an order, do you ever check the reviews prior to purchasing an item? If you do, you're not alone, but do you actually believe what you read? If you believe everything you read online about an item, you might want to reconsider. A new study done by bestseocompanies.com discovered the truth about online reviews.

The company found that of 2.7 million online reviews analyzed, 39 percent were unreliable. To break it down further, 24 percent of all online products analyzed had more than 50 percent of



PROVIDED

unreliable reviews.

The survey showed that people often do read reviews prior to purchasing; however, specific categories are researched more often than others. Seventy-one percent of people read reviews before making an appliance purchase. Following appliances,

67.6 percent of people read reviews of electronics before purchasing. Rounding out the top five are laptops and computers (64.2 percent), restaurants (62.3 percent) and cellphones and accessories (53.1 percent.)

Eighty-eight percent of those surveyed wrote

a review for a product or service within the past year. Fifty-two percent of respondents are likely to read reviews on Amazon, and 30 percent are likely to read Google reviews. Seventy percent of people surveyed said that they would pay more for products or items with higher reviews.

2.7M

A new study found that of the 2.7 million online reviews analyzed, 39 percent of them were unreliable.

The study shed light on the fact that some of these reviews were explicitly requested. Fifteen percent of all respondents said that they had been asked to write a review for items they did not use nor purchase.


Although other categories had higher percentages, electronics (195k), home decor (183k) and apparel (165k) had the highest volume of fake reviews. Topping the list of fake reviews was apparel with a whopping 46.2 percent of reviews faked. Shortly behind it comes the finding that 45.6 percent of home decor reviews were fake. Garden and outdoors raked in 42.1 percent of fake reviews. Coming in fourth place was 42 percent of all electronics reviews being faked. Rounding out the top five categories is automotive and industrial, with 39.1 percent of reviews faked.



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10 wounded in shooting in New Orleans' French Quarter

Early Sunday morning, a shooting incident occurred.



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New Orleans officials say that ten people were injured during a shooting early Sunday. The incident took place in the famed French Quarter.

Out of the 10, it was reported by ABC that at least two victims are listed in critical condition. The shooting occurred at 3:21 a.m. on a block of Canal Street according to New Orleans PD. The area is populated with many hotels and streetcars.

The mayor of New Orleans, LaToya Cantrell, tweeted out this morning, "When people resort to gun violence to resolve problems, it never creates solutions — only innocent victims and trauma."

As of mid-afternoon



GETTY IMAGES

Sunday, no arrests have been made. However, Police Supt. Shaun Ferguson told The New Orleans Advocate/The Times-Picayune that a person of interest was taken into custody. It is not clear at this time if the person of interest had any connection to the incident.

Police reported the ten victims were taken to University Medical Center and Tulane Medical Center. It was also reported that someone took a private vehicle to the hospital. No officers were reportedly harmed during the shooting.

Supt. Shaun Ferguson

shared a full statement on Twitter, condemning the act of violence: "What happened in our city overnight was a cowardly and senseless act that we cannot and will not tolerate. While this investigation is in the very beginning stages, one thing is certain — we will not stop until we identify and arrest those responsible."

There were no updates of the names of the victims as of mid-afternoon Sunday.

Ferguson told outlets that police arrived quickly on scene since there was a heightened patrol due to a rivalry football game between Grambling State and Southern University at the Mercedes-Benz Superdome. It is known as the Bayou Classic.

Crimestoppers is offering up to \$5,000 for anyone who calls in with information about the suspects. You can call at 504-658-6080 or anonymously to Crimestoppers at 504-822-1111.

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Pompeo warns Iran over 'malign activity'

After Secretary of State Mike Pompeo announced new sanctions against Iranian officials last week, the U.S. cabinet member gave an interview to Israel Hayom during which he issued a fresh warning to Tehran.

Aside from sanctions, the Trump administration's ongoing campaign to curb Iranian aggression "has also been political and diplomatic, to get countries around the world to recognize Iran as the largest state sponsor of terrorism," Pompeo explained.

"Just [last] week, the Iranians conducted an assassination campaign inside of Istanbul of an Iranian dissident," he

an increase in U.S. forces and additional capabilities in Saudi Arabia, I announced arms sales to the region to assist the Saudis and the Emiratis, we hope that the combination of those things will restore deterrence to a level that is satisfactory, and the leadership will understand that there is a cost to their malign activity, wherever it takes place."

Asked about reports that he might leave the administration and run for the U.S. Senate next year, Pompeo said his plans "are to continue to be America's senior diplomat for as long as President Trump will permit me this incredible

"It's a joy to lead the State Department's great people all across the world, trying to work with friends like Israel to deliver security not only to the U.S. and Israel but to countries in our sphere and in our region and all around the world."

Secretary of State Mike Pompeo

said in the interview, which was published by the Israeli newspaper on Nov. 29. "This is not the stuff of normal nations. We are trying to unite the world alongside us, including the Europeans, who have taken a very different approach on the JCPOA [the 2015 Iran nuclear agreement], and President Trump is working to ensure that the Islamic Republic of Iran knows that they cannot engage in an activity like they have without there being a cost."

He continued, "You see an increase in our deterrence capabilities by our activity in the Strait of Hormuz, by developing a maritime security initiative, three weeks ago the U.S. announced

privilege."

"It's a joy to lead the State Department's great people all across the world, trying to work with friends like Israel to deliver security not only to the U.S. and Israel but to countries in our sphere and in our region and all around the world," he said. "So it is my full intention to stay as America's secretary of state so long as I continue to have the privilege and the authority that President Trump has been so gracious to grant me over the past year and a half."

BY ARIEL KAHANA/ISRAEL HAYOM

This article was provided to Metro through an agreement with Israel Hayom news. Visit www.israelhayom.com for more coverage.



U.S. Secretary of State Mike Pompeo.

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LIFESTYLE



Shows his strength and weaknesses **ADAM DRIVER**

The American actor turns 36 with lots of new movies coming out.

is not very common for me, but I do find moments to relax and enjoy life outside film sets.

working, because I choose projects that generate emotion. Obviously a "Star Wars" production involves entering lands not very familiar to me, because there are many special effects and so many people; besides, I'm a villain with Kylo Ren. It's like trying to combine all tastes into one. I am more used to working with small groups and on small sets, but that does not mean that I do not like being part of big productions, because there I'm like a kid that's in awe with every scene. In the end, it took me a while to get used to the different rhythms.

**GABRIELA ACOSTA
SILVA, MWN**
letters@metro.us

'Fashion,' 'fame' and 'celebrity' are words that Adam Driver doesn't like very much, because they show a side he avoids from his career as an actor. Driver turned 36 this Tuesday, Nov. 19, and in an interview with Metro he talked about several important movies that will be released before the end of the year.

"Marriage Story," "The Dead Don't Die," "The Report" and "Star Wars: The Rise of Skywalker" (which will premiere on Dec. 19) are the films that mark a special season for the actor.

You're keeping up a good pace. How do you keep from wearing out when working each character?

You do the projects you like, I never think if they are too many or too few. I like working on the characters, I am very disciplined and I focus 100 percent on each project. I am not one of those who think about taking sabbaticals, it is not in my DNA. I can tell you that I like to work and that taking time off

You have a good record of projects. Do you like to find a balance between them?

I like to generate new experiences and learnings. I have made sci-fi films, dramas, thriller, adventure and comedy, although they may be black comedy. I am also entering the musical grounds, with the film "Annette," which is the one I am shooting at the moment. I like to explore all sides of performance, sometimes they are commercial and sometimes very independent.

What can you tell us about "The Report"?

It is a political thriller based on real-life events on the investigation of the CIA Detention and Interrogation Program created after 9/11. I play Daniel J. Jones, the employee in charge of conducting the investigation. He is a character that has generated several confrontations on an emotional level, because it is a strong story full of contrasts.

Do you feel comfortable starring in blockbusters like "Star Wars," as well as smaller movies?
I feel comfortable

What's your best anecdote as an actor so far?

Everything was going well with my independent projects, there were people who recognized me on the street, but it wasn't like they kept staring. After making "Star Wars" everything changed and it is difficult to escape the photos. Some time ago I was riding my bicycle, suddenly a police patrol stopped me. First I laughed because I never thought I could pass the speed limit on two wheels, but it wasn't like that; in the end, the policeman stopped me because they wanted a picture with me. [*Laughs*]

5 ways you're shopping Cyber Monday all wrong



NerdWallet is a personal finance website.

You're one of the many shopping on Cyber Monday. But chances are you're going about it the wrong way.

Don't just spot a deal and put it in your cart. There's so much more to do before that part.

We put together a list of some of the most common shopping mistakes and how to fix them.

1. You're missing out on coupons

Cyber Monday is meant to be shopped online. So search coupon sites before you buy — it'll only take a little bit of your time.

Don't just settle for the Cyber Monday sale

prices you see online. Chances are you can stack a coupon (or two or three) on top of those sales, according to Jenny Martin, the writer behind frugal-living website Southern Savers.

"With all of the online deals that are running, look for websites that are always going to let you stack multiple offers together," Martin says. "If they're not, I'd almost consider moving on."

Keep an eye out for percent-off coupon codes, free shipping codes and loyalty member discounts. For example, do you have Kohl's Cash you can redeem along with a Kohl's coupon? Victoria's Secret is another example of a retailer that allows multiple codes for online shoppers.

2. You're forgetting about Black Friday

Look back at Black Friday prices to remind yourself of the deals that were. And if Cyber Monday sales don't beat them,



ISTOCK

hold out a little while longer.

It's easy to assume everything is a great price on Cyber Monday, but not so fast. Look back at a retailer's Black Friday ad to see how the deals compare.

You may find that a deal isn't so great in comparison. If that's the case, consider skipping Cyber Monday and waiting for last-minute sales before Christmas.

Or, you may find that the deals are exactly the same as Black Friday's offers, Martin says. That can

be a good reminder that limited-time deals aren't always as limited as they may seem.

3. You're limiting yourself

Cyber Monday sales don't just happen at websites like Walmart, Best Buy and Target. In fact, cyber deals extend to products like hotels, plane tickets and even carpet.

Keep your shopping options open on Cyber Monday. Chances are you'll come across plenty of deals beyond electronics and toys.

Travel is a prime exam-

ple, says Sarah Schlichter, senior editor at online travel magazine SmarterTravel. That includes hotel, airfare and tours as well as travel products like shoes, clothing and luggage.

Shop around for a vacation like you would anything else. For example, consult a hotel's own website as well as hotel search engine sites such as Hotels.com and Trivago.

4. You're skipping a step

Gift cards aren't just for gifting to friends and family. In fact, you can buy yourself a gift card on Cyber Monday — and spend it strategically.

Before you find a product, load it in your cart and hit checkout, take one step back and consider purchasing a gift card that you can use as your payment method when you shop.

At gift card marketplaces like Raise, you can buy a gift card for less than face value, then turn

around and purchase discounted Cyber Monday products with it. It's like an added layer of savings.

At the time of this writing, we spotted Macy's gift cards for up to 5% off, Petco gift cards for up to 6% off and Ulta gift cards for up to 14.4% off at Raise.

5. You're feeling pressured

Much like Black Friday, Cyber Monday has become a weeklong affair. So keep checking back over the next few days for more deals on appliances, electronics or even furniture, like a chair.

There will be plenty of opportunities for sales, even after Cyber Monday is over. So don't feel compelled to shop now. If a deal isn't quite right, it's OK to hold off.

Perhaps most importantly, set a Cyber Monday spending limit before you start clicking around websites.

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The next 4 weeks will deliver major discounts



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The countdown to Christmas is on. But don't let the pressure stop you from shopping smart in December, just like you do during the rest of the year.

Before you set out on last-minute shopping expeditions this month, consult our list of what to buy (and skip) in December in order to save yourself time and money.

Buy: Toys

If your son or daughter is asking for a flashy new toy or a cuddly stuffed animal this year, it's wise to buy in December; that's when toy discounts are likely to abound.



Expect great sales close to Dec. 25. And don't forget about Super Saturday; retailers traditionally offer loads of savings on the last Saturday before Christmas. This year, Super Saturday is Dec. 21.

Skip: Bedding

Cold weather may have you craving a new set of flannel sheets, but don't throw out your old linens yet. Historically,

the best pricing on bedding and linens happens in January during retail "white sales." These white sales take place at department stores and online.

The savings are usually substantial. In the past, Joss & Main offered up to 60% off patterned and multicolored bedding picks. Pottery Barn shoppers could save 20% on bedding, towels and

more. Overstock offered discounts of up to 70%.

Buy: Christmas decorations

The best discounts on holiday decorations will be after Christmas, when big-box chains and department stores drastically cut prices (sometimes by as much as 80%) on artificial trees, ornaments, wrapping paper, stockings and other seasonal staples.

But if you want to buy some last-minute Christmas necessities for this year, expect discounts to increase as the holiday nears. In the past, some Christmas closeout sales began Dec. 24.

Skip: TVs

Black Friday, the day after Thanksgiving, is the ultimate deal day on electronics, including television sets. If you

missed the opportunity, you'll likely see additional TV deals in December.

But those who can hold out a bit longer will be rewarded with great prices leading up to the Super Bowl. Check for TV discounts in January and the first couple of days of February.

Retailers including Amazon, Target and Best Buy tend to drop prices of TVs around the Super Bowl. Best Buy, for example, has offered up to 30% off some 4K TVs in the past.

Buy: Cookies

If you welcome any excuse to eat a cookie, how about getting one for free? Dec. 4 is National Cookie Day, and cookie shops will celebrate with sweet deals and freebies.

Last year, some stores offered free or discounted cookies to celebrate. Look for similar offers this year from your favorite grocery stores and dessert brands.

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EDUCATION

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Sustainable cosmetics: From niche products to a prevailing trend

A few years ago, products with good human and environmental practices were only a few. Now they want to dominate the market.

LUZ LANCHEROS MWN

"Cruelty free" cosmetics (cosmetic products not tested on animals) a few years ago was made up of a few small enterprises whose main feature was the fact that they were sustainable. These were positioned in the middle of the wide range of natural products that had a spot in the market as an alternative to products made with processed ingredients. But by 2019, after 60 years of fighting, today there are regulatory associations for these products and a majority market in Europe, followed by Asia and the United States, according to MarketWatch. This is not only limited to products free from animal testing: sulfate-free and paraben-free pro-

ducts, as well as fair trade products, are also in high demand from consumers, while several large brands such as Henkel and L'Oreal have started to produce them more massively.

Of course, natural products have always existed. But this time new generations of consumers look for brands with a purpose. Brands that no longer have precedents of labor exploitation and leave wastes that lead to phenomena, that at least in the beauty industry, are reflected in plastic pollution. In fact, in the United States, 90 billion of these are sold annually and the amount of personal care containers has increased more than 120 times since 1960. 70

percent of that waste goes to landfills. Now, the plastic packaging business represents approximately 25 billion dollars in sales. In addition, it does not help that many ingredients in traditional cosmetics cause diseases.

Therefore, from the concept to its ingredients and the produc-

but transparent too

"Products must not only be certified by regulated and authorized sustainability institutions worldwide, brands must comply with having natural ingredients and also with having a fair trade. Containers, which cause so much pollution, must be recycled and recyclable, as we do in our company. It is a good benefit for the client and profit for those involved," explains Victor Abril, Global Advocate for Henkel, which has a new sustainable line, Authentic Beauty Concept. "All the brand's products have different ingredients and Guar gum, which is grown in India. We help seven populations with this initiative, since we are looking for fair trade. We also seek that people buy their products to repackaging them and not generate waste. That is why what we are looking for is to show not only how to

"We do not want to sell an ideal image, because we are tired of seeing it."

Victor Abril, Global Advocate for Henkel, which has a new sustainable line: Authentic Beauty Concept

use resources, but also how it is returned."

Today, organic products have ceased from being considered snob. Although its production costs more than a massive product, there are brands for all market ranges that seek to be transparent in at least some of their processes and seek to integrate much less pretentiously in their discourse through other brand stories. In the case of Au-

thentic Beauty Concept, as with other brands in the field of fashion and beauty, it seeks an honest statement, not one looking for influencers and content much more focused on authenticity, a discourse that is almost a requirement for any brand that wants to understand today's consumers. "We don't want to sell an ideal image, because we are tired of seeing it. We want to highlight, right now, our own authenticity, our own uniqueness, go for what's natural and see that there is beauty in it," April adds.

For now, with the rise of major brands joining this production mode (even in fashion), it is seen that what was previously considered a luxury is reaching more of the public, either due to marketing or ingredients. Today what is "conscious" is not just a label to sell at a higher price, it is almost a must to identify what we use on a daily basis.

54 billion

in sales for the organic cosmetics market will be reached by 2027, according to a study by Persistence Market Research.

tion process, consumers seek honest and ethical practices in this growing trend that today is considered a responsible purchase.

Natural, yes please,

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SPORTS

Rodgers, Green Bay make easy work of Shurmur's bunch.



JOE PANTORNO
joseph.pantorno@metro.us

Daniel Jones certainly has a long way to go if he ever wants to be mentioned in the same sentence as Aaron Rodgers.

That much was clear on Sunday afternoon as Rodgers and the Green Bay Packers (9-3) rolled over the rookie Jones and the Giants 31-13 in the Week 13 snow at MetLife Stadium. It was the Giants' (2-10) eighth consecutive loss after Jones won his first two career starts under center in New York.

Giants lose 8th straight, Packers roll



Aaron Rodgers and the Packers got back to winning ways against the lowly Giants. GETTY IMAGES

Rodgers rebounded strongly after a 104-yard effort last week against the San Francisco 49ers, his worst since 2015. Granted, he went from playing one of the NFL's best defenses to one of its worst in the Giants.

The Packers star completed 21-of-33 passes for

243 yards and four touchdowns — two of them to Davante Adams — as the weather did little to slow him down.

Jones — who was playing in his first-ever inclement weather game — struggled after a promising start, completing 54 percent of his passes for 240 yards, one touchdown and three interceptions.

While the Giants unraveled in the second half after hanging tough with Green Bay, star running back Saquon Barkley showed the first glimpses

of breaking out of a difficult slump.

Averaging just 38 rushing yards in his previous four games, Barkley posted 83 yards on 19 carries against the Packers.

After a predictable opening drive that saw Shurmur dial up three punchless runs up the gut by Barkley, the Packers stated their intentions early — ripping apart James Bettcher's lifeless defense.

Rodgers led Green Bay on a seven-play, 72-yard drive that was finished off with an eight-yard

touchdown connection to Davante Adams.

Shurmur's genius decision to include the forward pass into the offense on the Giants' second drive paid off.

Jones completed 6-of-8 passes for 61 yards, including an 18-yard touchdown to Sterling Shepard, in an 11-play, 72-yard drive to tie things up.

During that drive, Jones set a Giants franchise record for most passing yards by a rookie in a season, passing Charlie Conerly (1948).

Rodgers would quickly reply, hitting a wide-open Allen Lazard for a 37-yard touchdown just two minutes after New York's equalizer.

Green Bay would extend their lead to 10 early in the second off a rare Jones interception — his first in 111 pass attempts — that led to a Packers field goal.

Jones almost single-handedly got the Giants back to within one possession late in the second quarter. He converted a pair of fourth-down attempts with his legs to headline an 18-play drive that lasted over nine min-

utes, but the Giants only came away with a field goal.

Aldrick Rosas added another field goal with 6:37 left in the third to make it a four-point game, but the Giants' defense would break when it mattered most. Rodgers unleashed a 14-play drive that spanned between the third and fourth quarters that ended with Adams' second touchdown of the day, opening Green Bay's lead back to two possessions.

Jones' second interception of the day all but iced the Packers' victory with 11 minutes left in the fourth.

The rookie's 20th giveaway was created by Shurmur, who called a nonsensical reverse for Da'Mari Scott, who wasn't on the roster last week. He fumbled on a 2nd-&-10, creating a 3rd-&-18 situation that forced Jones to try and make the big play. Instead, he found the arms of Darnell Savage.

Eight plays later, the Packers put the game away when Rodgers hit Marcedes Lewis from a yard out.



Jets plummet back to Earth, fall to previously-winless Bengals

Just when you thought things were looking up for the New York Jets, they provided another sobering reminder of why they are, in fact, the Jets.

Gang Green's three-game winning streak came to a disastrous end in Week 13 with a 22-6 loss to the previously winless Cincinnati Bengals on Sunday.

Entering Sunday 0-11, the Bengals become the second team this season to play the Jets with a record of 0-7 or worse and win.

That gave the Jets the dubious honor of becoming the first team in the 100-year history of the NFL to do that.

Adam Gase's team was overwhelmed by Bengals



Joe Mixon and the Bengals picked up their first win of the season against the Jets. GETTY IMAGES

quarterback Andy Dalton, who was starting his first game since Week 8 after being benched for Ryan Finley.

Dalton did enough to deliver the Bengals their first victory of the season, completing 22-of-37 passes for 243 yards and a touchdown on the day.

It was anything but an offensive showcase as the Bengals outgained the Jets 277-271. But Gase's offense, which looked fixed after three straight 34-point outings, completely disappeared on

Sunday as they went without a touchdown for the fifth time this season.

Against the league's worst rush defense, the Jets inexplicably relied heavily on Sam Darnold and the passing game.

It didn't work. Darnold completed 28-of-48 passes for 239 yards while All-Pro running back Le'Veon Bell carried the ball just 10 times for

32 yards.

Another impressive opening drive from the Jets ensured they would get points on their first possession of the game for a sixth straight outing. However, after 10 plays that got the Jets well into Bengals territory, the drive stalled, leading to a 42-yard field goal from Sam Ficken.

It was the Bengals — who had scored just four touchdowns in their previous four games — who were first to find paydirt when Dalton connected with Tyler Boyd with a laser over the middle through tight coverage for a 17-yard score.

Cincinnati's first points of the day late in the opening quarter were historic for Dalton as he became the Bengals' all-time leader in touchdown passes.

The Bengals should have made it 14-3, but tight end C.J. Uzomah dropped a wide-open pass at the goal line on a 3rd-

&-2 to force the hosts to kick a field goal.

But Dalton and the Bengals continued to carve their way through the Jets defense.

In just 2:46 shortly before halftime, the Bengals went 91 yards on seven plays to take a 14-point lead thanks to Joe Mixon's five-yard touchdown rush. A late field goal from Ficken would reduce the Jets' halftime deficit to 11.

But the Jets offense — which posted just three total yards through the first 20 minutes of the second half — would continue to implode throughout when Kelvin Beachum's hold in the end zone resulted in a safety to put Cincinnati up 19-6 with 5:46 remaining in the third.

With their ensuing possession, the Bengals added a field goal to extend their lead to an insurmountable 16 heading into the fourth quarter.

JOE PANTORNO



Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried many treatments... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy
"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

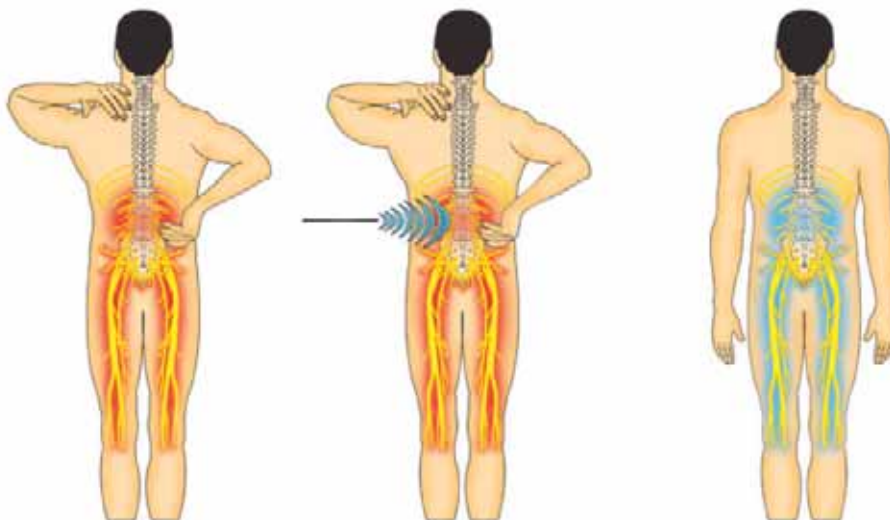
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in our in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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Shuffling Isles visit lowly Wings in Detroit

The Islanders snapped a three-game losing streak on Saturday night against Columbus.



JOE PANTORNO
joseph.pantorno@metro.us

A return home provided a return to form for the suddenly-slumping New York Islanders.

After dropping all three of their California-road trip affairs, the Islanders got back to winning ways on Saturday night in Brooklyn with a 2-0 win over the Columbus Blue Jackets.

It was their first win since an overtime triumph over the Pittsburgh Penguins on Nov. 21, which extended the organization's franchise record of games without a regulation loss to 16.

That streak reached 17 against the Sharks in San Jose two nights later before losing in overtime. The Islanders would drop the following two games to the Anaheim Ducks and Los Angeles Kings in regulation, snapping the historic run.

With just two goals scored in those three California games, the Islanders' main concern of lacking consistent goal-scoring came to light once again.

The lack of production forced head coach Barry Trotz to shuffle up his lines, including breaking



Anders Lee scored his first goal in 11 games on Saturday against the Blue Jackets. **ALL GETTY IMAGES**

apart the first line of Anders Lee, Mathew Barzal and Jordan Eberle.

Eberle, who has yet to score a goal this season, was moved from Barzal's line in favor of Josh Bailey — where the veteran's presence immediately paid dividends.

Barzal and Bailey set up Lee just 1:18 into Saturday night's game against the Blue Jackets to give the Islanders an early lead they wouldn't relinquish.

It was a much-needed goal for Lee, who had not scored in his previous 11 games.

"We're really familiar with one another," Lee said of his partnership with Bailey and Barzal. "We read off each other and we understand each other's games."

The 2-0 win, which was fueled by the heroics of goalie Semyon Varlamov's relief effort after Thomas Greiss pulled himself out in the first period, improved the Island-

ers' home record to 11-2-1 this season. That's the best home record in the NHL so far this season.

But Saturday's stop in Brooklyn was a temporary one as the Islanders are back on the road tonight when they meet the Red Wings in Detroit.

The Red Wings are a shell of what they have been over the past three decades. Once a perennial playoff contender, they are now the worst team in hockey with 17 points in their first 29 games (7-19-3).

They've lost their last nine games in succession while the offense has completely dried out.

Over their last five games, Detroit has been outscored 24-4.



ISLES AT RED WINGS
TONIGHT, 7:30 PM, MSG +2

RANGERS LOOK TO KEEP ROLLING VS. VEGAS

The Rangers have shrugged off a slow start to win four of their last five games, including a 4-0 beatdown of the rival New Jersey Devils on Saturday.

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NOTICE OF QUALIFICATION of OYA LAND HOLDINGS US LLC.
Application for Authority filed with the Secy. of State of New York (SSNY) on 10/21/2019.
Office location: New York County. LLC formed in Delaware on 09/03/2019. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Corporate Service Company, 80 State Street, Albany, NY 12207-2543. Arts. of Org. filed with the Secy. of State of Delaware, Delaware Dept. of State, 401 Federal Street, Suite 3, Dover, DE 19901. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1323347, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 279 Church St., New York, NY 10013. New York County, for on premises consumption. TM Restaurant Group LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 319 5th Ave., Store A, NY 10016. New York County, for on premises consumption. Five Senses Korean Barbecue, LLC d/b/a Love Korean Barbecue.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 445 Gold St., Space #F-49, Brooklyn, NY 11201. Kings County, for on premises consumption. Dekalb Hall Licensing Corp. d/b/a Schaller's Stube Sausage Bar

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 90 St. Marks Place aka 132 1st Ave., New York, NY 10009. New York County, for on premises consumption. Animals Group Inc. d/b/a Wild Son East

NOTICE IS HEREBY GIVEN that a license, Serial # 1321126, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 291 Kent Ave., Brooklyn, NY 11249. Kings County, for on premises consumption. 291 Kent Restaurant Inc.

NOTICE IS HEREBY GIVEN That a license, Number 1323614, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 241-26 41st Ave., Bayside, NY 11361. Queens County, for on premises consumption. Balco Hospitality Corp.

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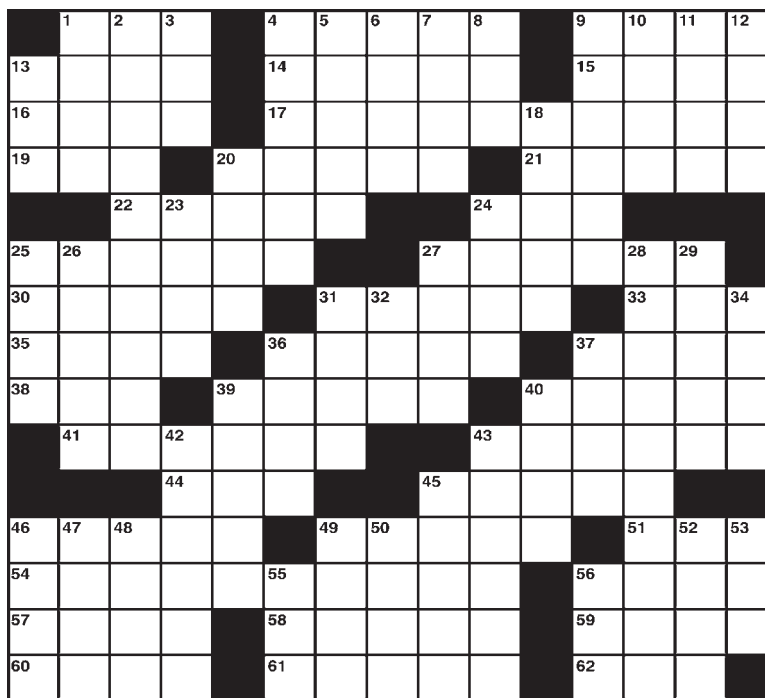
ACROSS

- 1 Brynner of "The King and I"
4 Fjord
9 Custard ingredients
13 Forbidden thing
14 Cash, slangily
15 Flood survivor
16 Up in __; furious
17 Make widely known
19 Stinger
20 Freeway exits
21 Lubricated
22 Train tracks
24 __ away; fled
25 Point the finger at
27 Loathe
30 Complain childishy
31 __ Jessica Parker
33 Soda __; soft drink
35 Huck's transport
36 Brake or accelerator
37 Celebration
38 "Are __ Lonesome Tonight?"
39 Lavish meal
40 Recess in a wall
41 Zigzag skiing
43 Horse's gait
44 Lion's lair
45 Asian nation

- 46 Weight revealer
49 Weak
51 Shed tears
54 Building for a performance
56 Chimney pipe
57 Word before apple or Louie
58 Fairy tale
59 Quiz
60 Building super's ringful
61 Elephant's teeth
62 WWII hero Ike

DOWN

- 1 Days gone by
2 Coldhearted
3 __ Alamos, NM
4 Pierce with a harpoon
5 Accepted standards
6 Thrown for a __; gob-smacked
7 Lawn trees
8 Grecian's "T"
9 Motor
10 Aim
11 __-crasher; uninvited attendee
12 Small storage building
13 Catch a thief
18 Reluctant
20 Go upward
23 Female relation
24 Authentic
25 Amiss; askew
26 Bedlam
27 "Phooey!"
28 Wearing glasses
29 __ point; relevant
31 Stitched joining
32 Want __; newspaper section
34 Look through a key-



BY TCA

Powered by
Arkadium

- hole
36 Lowly laborer
37 Many a Scandinavian
39 Armada
40 Metal fastener
42 Speaks without preparation

- 43 Wind __; porch tinklers
45 Fill in cracks
46 Quarterback's undoing
47 Remedy
48 Call it __; quit & go home

- 49 Madame in Munich
50 Teases
52 Trick
53 "Not __!"; cry to the impatient
55 Many a time
56 Floral wire service

horoscopes

Aries An emotional situation will escalate if you let someone trap you into something you don't want to do.

Taurus Concentrate on your life, not on getting involved in someone else's business. The time wasted doing things for others will end up costing you something you should do.

Gemini Keep your spirits high, your thoughts positive and your plans doable. Don't give in to someone trying to pressure or tempt you into something indulgent, risky or objectionable.

Cancer Stay calm and enjoy what you have instead of making comparisons to neighbors, relatives or peers. Life isn't a contest; the only one you should compete with is yourself.

Leo Plan to have some fun. Distance yourself from people who are angry or pushy. Make an adjustment because you want to, not because someone is pressuring you.

Virgo Seize an opportunity. Gather information and facts, and don't be shy when it comes to presenting what you have to offer. Focus on personal gain, growth and happiness.

Libra Observe what others do and say. Don't respond if you aren't satisfied with the information you're given. Keep your emotions tucked away somewhere safe.

Scorpio Not everyone will be pleased with your accomplishments. Refuse to let someone's jealousy stand between you and the success you deserve.

Sagittarius Rethink your objective. Consider if what you are currently doing will bring you the satisfaction you are searching for. Aim to take better care of your health, wealth and loved ones.

Capricorn Take care of business. Stand up, be a leader and achieve your goal. A passionate attitude will draw attention and give you a chance to weed out what's holding you back.

Aquarius Take a flexible approach when dealing with people who aren't compliant. Offer space and time for others to think matters through. Your time will be better spent on achieving personal goals.

Pisces Turn possibilities into something tangible. It's up to you to go after what you want and to explore the best route to take. Distance yourself from emotional manipulators.

EUGENIA LAST

metro.us/wordsearch



Baby
Blackout
Britney
Circus
Crossroads

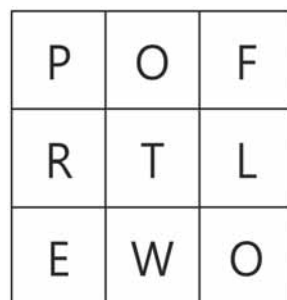
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Category: Compound Words



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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